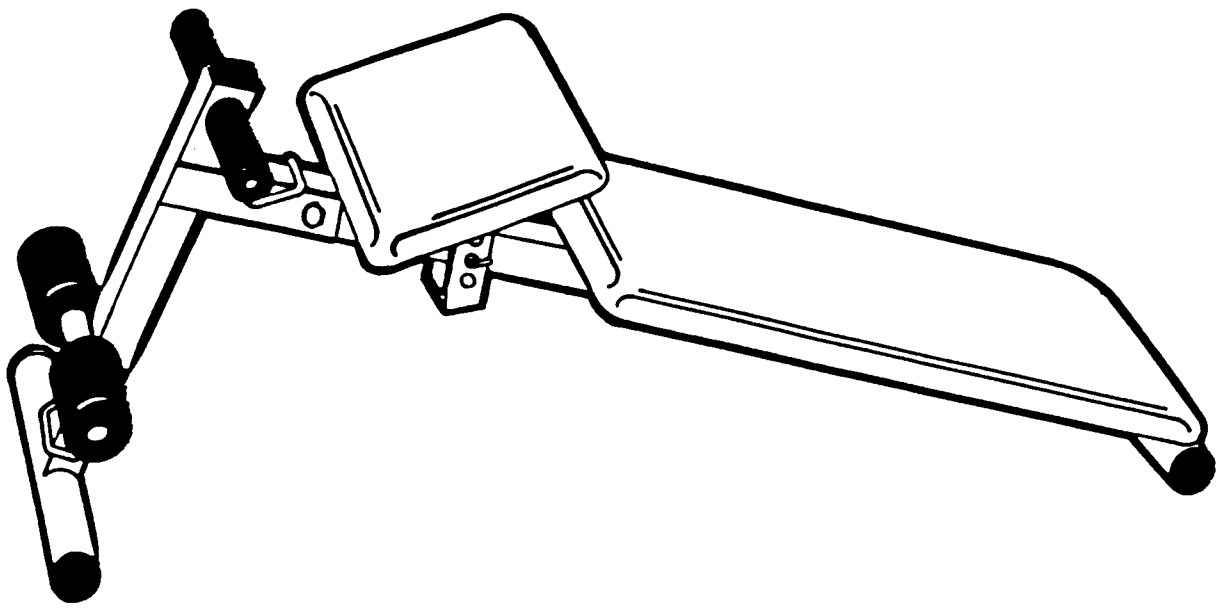


NN-1056

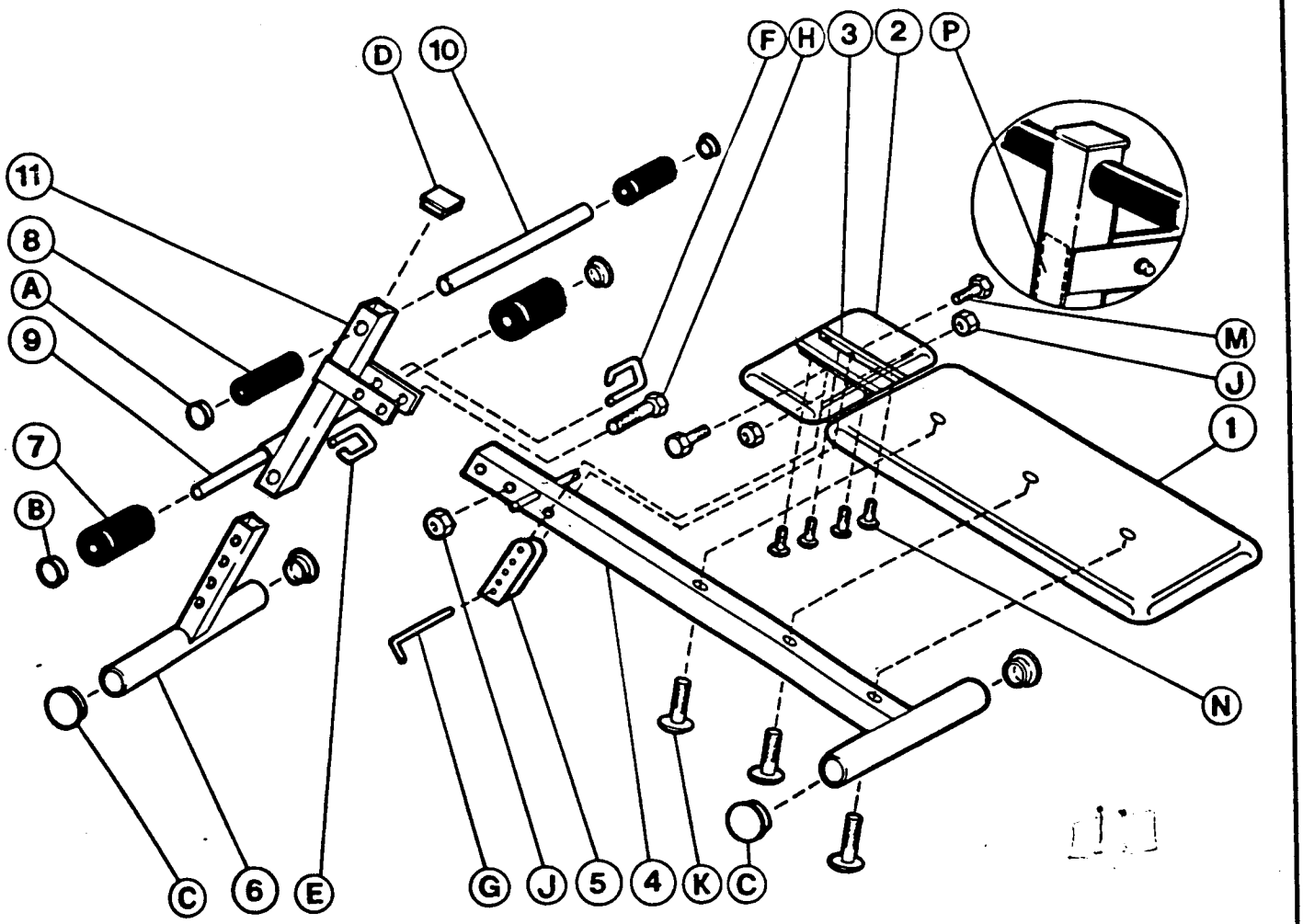
CSB4

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

WEIDER®

WEIDER HEALTH AND FITNESS
21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367



WARNING
CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

ASSEMBLY INSTRUCTIONS

1. Assemble BACKREST (1) to BACK SUPPORT (4) using 3 MACHINE SCREWS (K) which are preassembled to Backrest. Insert 2 ROUND PLASTIC CAPS (C) into each end of round tube.

2. LEG SUPPORT PAD (2) comes preassembled with ANGLE IRON (3) and 4 MACHINE SCREWS (N). First 2 MACHINE SCREWS (N) must be removed and 1 ANGLE IRON (3) removed. Slide attached ANGLE IRON (3) over pivot pin on BACK SUPPORT (4). Replace removed ANGLE IRON (3) making sure to slide onto pivot pin. Replace and tighten MACHINE SCREWS (N).

3. Place ADJUSTING BRACKET (5) around Back Support tube in position shown in diagram with rounded ends up. Align center bolt holes of ANGLE IRON (3) with top holes in ADJUSTING BRACKET (5). Secure with 2 HEX HEAD BOLTS (M) and 2 LOCK NUTS (J). Using ADJUSTING PIN (G) raise or lower position of LEG SUPPORT PAD (2).

4. Fasten BACK SUPPORT (4) to SWING ARM(11) using HEX HEAD BOLT (H) and LOCK NUT (J). Do not overtighten or SWING ARM (11) will not fold freely. LARGE LOCKING PIN (F) is used to lock unit into position when using. Insert 1 SQUARE PLASTIC CAP (D) into top of SWING ARM (11).

5. Insert ADJUSTABLE FOOT (6) into bottom of SWING ARM (11). SMALL LOCKING PIN (E) is used to lock the slant board into any of its' incline positions by inserting it through the SWING ARM (11) and the desired holes in the ADJUSTABLE FOOT (6). Insert (2) ROUND PLASTIC CAPS (C) into each end of the round tube on the ADJUSTABLE FOOT (6).

6. Assemble 1 SMALL FOAM PAD (8) to 1" HANDLE BAR (10). Insert completed assembly through hole in top of SWING ARM (11) and assemble the other SMALL FOAM PAD (8). (Assembling foam pads to bar is easier if you apply a small amount of liquid dish detergent onto the bar prior to assembly.) After the detergent dries, it will help keep the pads adhered to the bar. Insert 2 PLASTIC CAPS (A) into each end of HANDLE BAR (10).

7. Insert PAD BAR (9) in LARGE FOAM PAD (7). (Again, using a small amount of liquid dish detergent will aid in this assembly.) Insert bar through tubular steel on front of SWING ARM (11). Place other LARGE FOAM PAD (7) on opposite end of PAD BAR (9). Insert 2 ROUND PLASTIC CAPS (B) into each end of bar.

8. Position DECAL (P) even with top of Back Support brackets and apply to front of SWING ARM (11).

CSB4

PARTS LIST

2-24-89

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	BACKREST	1	CC06-0361
2	LEG SUPPORT PAD	1	CC06-0362
3	ANGLE IRON	2	CC06-6129
4	BACK SUPPORT	1	CC06-0193
5	ADJUSTING BRACKET	1	CC06-6130
6	ADJUSTABLE FOOT	1	CC01-0188
7	LARGE FOAM PAD	2	CA01-0400
8	SMALL FOAM PAD	2	CC06-0432
9	PAD BAR 3/4"	1	CA25-6121
10	HANDLE BAR 1"	1	CC06-6131
11	SWING ARM	1	CC01-0190
	HARDWARE BAG	1	CC06-5798
A	1" ROUND PLASTIC CAP	2	AA-8005
B	3/4" ROUND PLASTIC CAP	2	AA-8004
C	2" ROUND PLASTIC CAP	4	AA-8018
D	2" SQUARE PLASTIC CAP	1	AA-8002
E	SMALL LOCKING PIN	1	WW-7006
F	LARGE LOCKING PIN	1	WW-7031
G	ADJUSTING PIN	1	WW-7036
H	5/16"- 20 x 2 3/4" HEX HEAD BOLT	1	HH-5070
J	5/16"- 20 LOCK NUT	3	HH-5021
K	1/4"- 20 x 2 1/2" MACHINE SCREW	3	HH-5044
M	5/16"- 20 x 1/2" HEX HEAD BOLT	2	HH-5251
N	1/4"-20 x 3/4" MACHINE SCREW	4	HH-5022
P	DECAL	1	DE-4065
	INSTRUCTION SHEET	1	CNN-1056

Use Pad Bar #7

REPAIR PARTS AND SERVICE

ALL OF THE PARTS FOR THE SLANTBOARD CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OF A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

- MODEL NO.
- NAME OF PART
- ORDERING NUMBER